

**ABSTRACT**

5 A volume controlling system and method for regulating the output volume of a headset in  
order to protect the hearing ability of a user. The system includes a volume sensor/controller for  
monitoring the volume output of the headset by adjusting the volume to be within a  
predetermined threshold. A warning indicator indicates to the user or a person monitoring the  
listening user that the volume is set too high. The method include the steps of comparing the  
received audio signal to the predetermined volume threshold and adjusting the volume  
accordingly. The method also includes the steps of notifying that the volume has been set at too  
10 high a level by providing a warning signal, such as an audible or visual alarm.